

**Claims:**

1. A body massage cylinder apparatus comprising:
  - (a) a uni-body designed apparatus constructed from a resilient rubber material forming a cylinder shape supported by an air chamber, constructed with no separate moveable or removable main components;
  - (b) dimensioned with a free standing vertical height between 10 to 15 inches, such that the user is at an intended height off the ground plane, during use and massage facilitation;
  - (c) dimensioned with a free standing width between 24.0 to 26 inches, such that the user's lateral body is securely fitted and submerged within the said body massage cylinder apparatus when bi-secting an elongated edge circumference of the said body massage cylinder apparatus;
  - (d) dimensioned with a free standing circumference between 10 to 15 inches, such that the mass and size of the said body massage cylinder apparatus are sufficient to support the user in a proper position during exercise use, stretching and massage facilitation;
  - (e) the circumference area, being the "shell" of the said body massage cylinder, consisting of ribbed and semi pointed formed surfaces spaced in an alternating pattern which radiates outward from the circumference measuring between .25 to .75 inches which administer a massaging action during use;
  - (f) an inflatable means comprising an inlet air valve to allow for adjusting the height and firmness by increasing or decreasing air pressure.
2. A body massage cylinder apparatus defined in claim 1, wherein a rubber material is pre-formed into a cylinder shaped uni-body constructed apparatus which allows a sufficient air pressure and support for body massage usage, exercise use and stretching.
3. A body massage cylinder apparatus defined in claim 2, wherein a rubber material is pre-formed into a cylinder shaped uni-body constructed apparatus with a shell consisting of protruding linear ribbed formations which extend from side to side across the entire shell and protruding semi-pointed coned surfaces arraying from side to side across the entire shell, further more, these cones and ribbed formations are sufficiently spaced and alternate their patterns along the circumference of the said body massage cylinder apparatus.

4. A body massage cylinder apparatus defined in claim 1, wherein the said body massage cylinder apparatus is constructed:
  - (a) in a symmetrical uni-body design which yields a top surface parallel to the ground plane and size, giving the user optimum balance and control;
  - (b) With the proper height off the ground plane and the size of the apparatus are key design elements, coupled with the ability to modify the height and firmness of the apparatus by adjusting the air pressure via an air inlet allowing the user to obtain maximum body surface contact during massage usage, exercise use and stretching.